



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE APRIL 2012



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Meatloaf w/Gravy Garlic Smashed Potatoes Sicilian Blend Vegetables Whole Wheat Bread Apricots	3	Chicken Vegetable Orzo Soup Breaded Chicken Cutlet On Onion Sandwich Roll Macaroni Salad Leaf Lettuce & Sliced Tomato Mayonnaise Sliced Peaches & Pears	4	HOLIDAY MENU Chilled Cran-Orange Juice Holiday Baked Ham w/Pineapple Sauce Baked Sweet Potato Peas & Baby Carrots Wheat Dinner Roll Special Holiday Dessert	5	American Chop Suey Sliced Carrots Salad Greens w/ French Dressing Dinner Roll Fresh Fruit	6	CLOSED IN OBSERVANCE OF HOLIDAY
9	<i>Orange Juice</i> <i>Chicken Cutlet w/Divan Sauce</i> <i>White & Brown Rice Pilaf</i> <i>Peas & Diced Carrots</i> <i>12-Grain Bread</i> <i>Tropical Fruit</i>	10	Barbeque Pork Ribs On Wheat Hamburger Bun Apple Butter Baked Beans Carrot Raisin Salad Fresh Fruit	11	Baked Cod w/Salsa Sauce White & Wild Rice Green & Wax Beans Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges	12	Cranberry Juice Roast Beef w/Vegetable Gravy Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Banana Pudding w/Vanilla Wafers & Topping	13	Lemon Lentil Soup w/Greens Eggplant Roulette w/Marinara Sauce Rigatoni w/Italian Sauce Spinach Salad w/Mandarins & Almond w/Raspberry Vinegarette Dressing Italian Bread Sliced Peaches
16	Breaded Pork Steak w/Broth Whipped Potatoes Whole Baby Carrots Whole Wheat Bread Applesauce	17	Macaroni & Cheese Stewed Zucchini/Tomatoes Salad Greens w/Cherry Tomatoes/Cucumber French Dressing Wheat Bread Sliced Pears	18	Salmon Boat w/Newburg Sauce White & Brown Rice Blend Prince Edward Isle Vegetables Whole Wheat Bread Apricots	19	NATIONAL PICNIC DAY Orange Pineapple Juice Barbeque Chicken Tortellini Salad Coleslaw Wheat Dinner Roll Strawberries over Pound Cake w/Topping	20	Meatloaf w/Onion Gravy Sour Cream & Chive Mashed Potatoes Broccoli Normandy Pumpnickel Bread Fruit Festival
23	Chicken Vegetable Soup Herb Baked Chicken w/Broth Sweet Potatoes & Apples Spinach Dinner Roll Chocolate Brownie	24	Herb Seasoned Pork Loin w/Broth Rice Pilaf Collard Greens 12-Grain Bread Applesauce	25	TACO DAY Vegetarian Soup Taco Meat Shredded Cheese/Lettuce Diced Tomatoes Potato Wedges Taco Wrap Carrots Fresh Fruit	26	Pier 17 Fish Mashed Potatoes Capri Blend Vegetables Oatnut Bread Pineapple Tidbits & Mandarins	27	Cream of Broccoli Soup Quiche Potato Puffs Ketchup Mediterranean Blend Vegetables Rye Bread Tropical Fruit
30	Beef Vegetable Soup Pepper Steak w/Onions/Red/Green Peppers Bowtie Noodles Brussel Sprouts Wheat Bread Sliced Peaches								

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread and margarine. DONATIONS: \$2.00 (or whatever you can afford)